

**WHAT WE CLAIM IS:**

1. A package for a product, the package comprising a body formed by layers of packaging material and at least one cavity formed by an outward projection of at least one of said layers, wherein one of said layers, in a region of said at least one cavity, is provided with a line of weakness or a cut in the material of said layer extending partially around an entrance to said cavity and defining a releasable hinged flap forming an openable and closable lid for said cavity.
2. The package of claim 1, having two or more of said cavities, each provided with said releasable hinged flap forming an openable and closable lid.
3. The package of claim 1, having 2 to 7 of said cavities, each provided with said releasable hinged flap forming an openable and closable lid.
4. The package of claim 1, wherein the body is generally flat and made of two overlying layers of material.
5. The package of claim 4, wherein said layers are transparent.
6. The package of claim 1, wherein said hinged flap has a projecting part of shape and size to extend partially into the cavity while enabling friction- or compression-fitting of the hinged flap into the cavity.
7. The package of claim 1, wherein said hinged flap has an area forming a graspable tab enabling said flap to be grasped by a user and pulled to open the cavity.
8. The package of claim 7, wherein said body is made of two overlying layers of material, one of said layers lying beneath said graspable tab being provided with at least one projection extending outwardly from the layer on the side facing the graspable tab thereby causing the graspable tab to stand proud of the layer of material from which it is formed.
9. The package of claim 1, wherein the hinged flap is square or rectangular in shape and the line of weakness or cut is formed along three sides of said flap, leaving a fourth side to form a hinge about which the flap may pivot.

10. The package of claim 1, wherein said body supports or contains printed material.
11. The package of claim 1, wherein said body is made from a single piece of heat-deformable plastics material in which said at least one cavity is formed and said lines of weakness are made.
12. The package of claim 11, wherein said single piece of material is folded into two parts that overly each other, and edges of said respective pieces are secured together.
13. The package of claim 12, wherein said edges are secured by providing said edges with profiles that nest together and engage with a friction fit.
14. The package of claim 12, wherein said single piece of heat-deformable plastics material is transparent and a printed sheet is sandwiched between said two pieces.
15. The package of claim 14, wherein said printed sheet has printing adjacent to each cavity distinguishing each cavity from the others.
16. The package of claim 15, having four cavities, wherein said printing comprises the wording “Week 1” adjacent to a first cavity, “Week 2” adjacent to a second cavity, “Week 3” adjacent to a third cavity, and “Week 4” adjacent to a fourth cavity.
17. A blister package for a product made up of a plurality of discrete units, the blister package comprising a body formed by layers of packaging material and a plurality of blister cavities formed by outward projections of at least one of said layers, wherein one of said layers, in a region of each said cavity, is provided with a releasable hinged flap forming an openable and closable lid for each said cavity.
18. A method of distributing a product available in the form of a plurality of discrete units, which method comprises dividing the units into a plurality of groups according to requirements of a specific user of the product, introducing a different one of the plurality of groups into a different cavity the package of claim 1 having a plurality of cavities, closing each cavity with said associated lid, providing the

package with instructions regarding the removal of the discrete units from the cavities, and distributing the package to the user of the product.

19. The method of claim 18, wherein said discrete units are dosage forms of a medicament that must be taken in regular doses over time.

20. The method of claim 19, wherein said discrete units are dosage forms selected from the group consisting of tablets, pills, capsules, and gelcaps.